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Tuesday, August 3, 2010
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Dog. Injuries



► Stephanie Laroche with her four-month-old German shepherd Dookie.

KRISTA SYLVESTER/METRO CALGARY

Pup hurt but safe after alleged theft

A dog suffered injuries after he was allegedly stolen from his northeast home Friday night. Dookie was found downtown Sunday, weak, scared and hungry, and is now recovering at home with his family after a visit to the veterinarian. Owner Stephanie Laroche is outraged anyone would steal her dog and hurt him. Story, page 3

How to fix student loans

On Money suggests how to
ease the debt load {page 16}

Navigating the rough patches

Relationship tips from
The Smug Marrieds {page 15}

Family killed in collision

► Minivan will be inspected this week for any signs of mechanical failure ► Two people in RV were treated for non-life-threatening injuries



**ANDREAS
MORSE**
@METRONEWS.CA

A Pakistani family looking to start new lives in Edmonton instead had them snuffed out in an instant on the Trans-Canada Highway near Golden, B.C., Sunday as they travelled to Abbotsford.

Police have not released the names of the six people killed in the head-on collision with a motorhome just 20 kilometres east of Golden, but media reports identify the victims as 47-year-old Arshad Mahmood, his wife, Shakila, their two daughters, aged 13 and 15, and Mahmood's father.

The family has left behind an 11-year-old boy, who was being driven in another vehicle at the time.

The 14-year-old daughter of family friends was also killed when the minivan drifted over the centre line and collided with the eastbound motorhome, according to witnesses.

"Both the driver and front passenger of the minivan were wearing seatbelts," Cpl. Dan Moskaluk, an RCMP spokesperson



► The aftermath of a fatal accident involving a motorhome and a minivan near Golden, B.C.

son, said in a release. "However, given the nature of the collision and size of the motorhome involved, it is clear that they suffered severe trauma from the impact of the collision."

Moskaluk added that all four passengers in the back of the van were not wearing seatbelts.

RCMP believe driver inattention or fatigue likely caused the collision.

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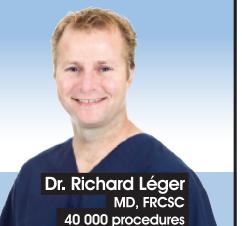
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Horse headlines Heritage Day

 **BRETTE
EHALT**
CALGARY@METRONEWS.CA

Heritage Day was one of celebration at Fort Calgary.

Along with face painting, a treasure hunt, and the birthday party of a 100-year-old windmill, families took in the unveiling of a handcrafted carousel RCMP horse yesterday afternoon.

The young male horse was carved by RCMP veter-

an of 27 years and Fort Calgary volunteer Dal Langenberger, 76.

"I wanted a horse with zip, that looked alive and ambitious," said Langenberger, who used planks of eastern poplar and a gallon of glue to create the representation. "The ears, eyes, and location of the head have a lot to do with that."

Between last fall and March, Langenberger estimates he spent at least 600

hours carving, coating, and sanding the roughly 250-pound horse.

Fort Calgary is asking the public to suggest names for the horse, and items that should be included in its time capsule, which will be opened on the 200th anniversary of Fort Calgary in 2075, according to Sara-Jane Gruetznar of Fort Calgary.

Fort Calgary is open year-round, from 9 a.m. to 5 p.m. daily.



► Dal Langenberger stands with his carousel horse at its debut inside Fort Calgary on Heritage Day.

Who would do this?

► Witnesses say they saw teenagers take the dog by leash and drag him down the alley ► The owners spent more than 26 hours searching for the dog and put up more than 100 posters

 **KRISTA
SYLVESTER**
CALGARY@METRONEWS.CA

He survived a harrowing two-day adventure, but a four-month-old German shepherd named Dookie is safe at home with his family after he was stolen from his home on Friday night.

Stephanie Laroche and Bryan Roy were outraged when they discovered their dog had been stolen from his Marlborough area backyard while Roy's roommate was barbecuing.

On Sunday night, Roy's neighbours spotted the dog with a group of teens while walking by Olympic Plaza by chance because the train was broken.

"The poor little guy was cowering in the corner and shaking, he couldn't walk.

"We demanded they give him back and we had to carry him because his

Rescued dog

► Dookie was a rescue dog from the SPCA and the owners adopted him two months ago when he was eight weeks old

paw pads were so blistered and cut up," neighbour Cathy Nelson said.

An elated Roy said his panic has now turned to disgust.

"I honestly think if they had him for a couple more days he would be dead.

"I have never seen him like that before," Roy said.

Laroche said she can't understand why anyone would harm Dookie.

"We took him to the vet and he will be OK, but he's still struggling to walk, especially on hard surfaces," she added.



► Four-month-old German shepherd Dookie relaxes yesterday after a visit to the veterinarian. Dookie was dog-napped and missing from home for 48 hours.

Calgary cops still probe death

Calgary police officers continue to investigate a fatal shooting in Kamloops, B.C., said acting staff Sgt. Rick Tuza.

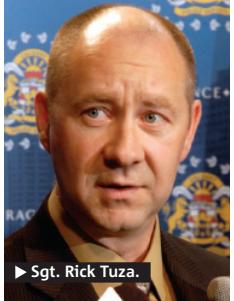
Tuza said Calgary continues to play an active role in the investigation of an officer-involved shooting on Friday.

"We're still working out the details as to when the shots were fired," Tuza said, adding the driver was struck at least once.

Tuza said two plain-clothes RCMP officers parked their unmarked minivan behind a Toyota 4Runner when the vehicle suddenly rammed them.

The identity of the deceased has not been released, but media reports say the man was named Wilbert Bartley and the shooting may have stemmed from a stolen car investigation.

● KATIE TURNER



► Sgt. Rick Tuza.

News in brief

Nine rescued

BOW RIVER. Nine people were rescued from the Bow River when their four rafts strapped together struck the Louise Bridge. Firefighters rescued the rafters when they were thrown into the fast moving water. All were deemed to be very cold, but uninjured. ● METRO CALGARY

Man found

BRIDGELAND. Calgary police found a missing man thanks to a tip from a concerned citizen last night. Police began looking for Ian Anderson, 29, after he went missing from Bridgeland Sunday night. Anderson is said to be mentally disabled and was possibly disoriented. Police said they received several tips from the public. ● METRO CALGARY

1
news



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500 wildfires ignite in Russia amidst heat

The death toll from wildfires raging across central and western Russia has risen to 40 as millions of Muscovites coughed through a haze of smoke from burning peat bogs and firefighters scrambled to put out hundreds of new blazes.

The fires come after weeks of searing heat and practically no rain. Although temperatures in the Moscow area dipped modestly over the weekend, experts predict they'll climb back to around 38 C this week.

Still, firefighters yesterday reported making some headway against the blazes that have destroyed hundreds of homes, burned through vast sections of tinder-dry land and forced thousands to evacuate.

Vladimir Stepanov, head of Russia's Emergency Ministry's crisis cen-



► Anatoly Simaletov, 72, stands at the courtyard of his house after it was destroyed by a forest fire in the village of Shuberskoe, Russia, yesterday.



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tre, said about 500 new wildfires were sparked nationwide in the past 24 hours but most of them were immediately doused.

"Most importantly, the mission we are tasked with — to avert the spread of fires to population centres, and to avoid more death — is being accomplished," Stepanov said in televised comments.

Wildfires were still burning yesterday across some 125,000 hectares, mostly in central and western Russia, slightly less than the area engulfed in flames over the weekend, Stepanov said.

About 1,500 homes have been wiped out by fires.

THE ASSOCIATED PRESS

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Royalty. Watch



► Peter Phillips and his Montreal-born wife, Autumn, walk together while visiting the Castle of Mey, former summer home of Queen Elizabeth, the Queen Mother, at Scrabster, Scotland, yesterday, with other members of the royal family.

ANDREW MILLIGAN/PA/THE ASSOCIATED PRESS

Royal lineage set for Canadian blood

Peter Phillips, the Queen's eldest grandson and the son of Princess Anne, is the Queen's first and only grandson to marry and 11th in line to the throne. The 32-year-old married Canadian Autumn Kelly in May 2008, after she relinquished her ties to the Roman Catholic church so her fiancé would not be barred from ascending to the throne. The couple is expecting a baby, who will be 12th in line to the British throne.

CSIS probes its interrogations

► How CSIS conducts Afghan operations has never been discussed publicly ► Detainees questioned from 2002-07

The Canadian Security Intelligence Service has ordered a review of its dealings with detainees in Afghanistan amid questions about its role in conducting interrogations, a memo obtained by The Canadian Press reveals.

The memo shows the service scrambled to brief Public Safety Minister Vic Toews after The Canadian Press requested comment for a forthcoming story that revealed CSIS had worked alongside the military to question captured

Accountability

► A group of parliamentarians has received clearance to review highly classified government documents on the affair.

Taliban fighters.

Wesley Wark, an intelligence specialist at the University of Toronto, said the agency may be engaged in a "damage control exercise" or it is looking to learn something from its involvement in the interrogations.

► It is widely believed that a high-profile dispute over MPs' access to the records prompted the government to prematurely end the parliamentary session earlier this year.

It's been suggested CSIS officers at one time worked alongside the American CIA and in close co-operation with Canada's secretive, elite JTF-2 commandos from a secluded base in Kandahar known as Grace-land. THE CANADIAN PRESS

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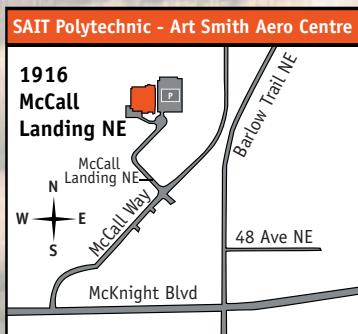
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DAVID DRINKWATER/THE CANADIAN PRESS



► White pelicans shown in Lake of the Woods in June.

Rare birds may be flying right into disaster

► White pelicans among 118 migratory species that fly to Gulf ► About 12,600 spend the summer in Ontario

A beloved Ontario bird that bounced back from endangered status may be flying to its demise when it heads south this fall — straight into the path of the massive BP oil spill in the Gulf of Mexico.

For centuries the American white pelican has flocked to Ontario's northwestern shores to breed, seeking refuge in colonies where hundreds or even thousands of birds may gather to lay their eggs.

But experts are worried that many of the awe-inspiring birds — whose wingspans can reach 2½



Scan code for more on the spill.
See page 3 to learn how to scan.

lots of other species."

The birds are a major attraction for tourists, who come from as far away as Great Britain to see them, said Shawn Sas, who runs HooknBullet Lake Tours in Kenora, Ont., about two hours away from Winnipeg.

But there are many dangers that await them in the Gulf's oil-slicked waters.

The pelicans could starve if they can't find enough to eat in the shallow coastal waters — or they could eat fish that were affected by the spill and become contaminated themselves.

THE CANADIAN PRESS

AIRPORT SECURITY

Vid sparks probe into airport ID measures

Transport Minister John Baird has ordered an investigation into whether airlines are enforcing rules that require staff to see the faces of passengers who board their flights.

He said in a statement issued Sunday that there are procedures in place

to verify the identity of anyone who has their face covered, adding the approach is consistent with international standards, regardless of culture or religion.

A recent YouTube video appears to show two women boarding an Air Canada flight in Montreal last month who were not asked to remove their veils to check against their passports.

Baird called the situation "deeply disturbing" and said such actions pose "a serious threat to the security of the air travelling public."

THE CANADIAN PRESS

Help comes slowly in Pakistan

Relief efforts in Pakistan's flood-ravaged northwest picked up pace yesterday, but survivors complained about government inaction.

Around 300 people blocked a major road in the hard-hit Nowshera district to protest at receiving little or no aid, witnesses said.

The death toll hit 1,200 yesterday, with up to two million survivors needing help. THE ASSOCIATED PRESS

Today will be crucial for future of RIM

► Company hopes for 'iPhone killer' ► Launch coincides with UAE restrictions on BlackBerry

Research In Motion is set to launch a new BlackBerry today that's expected to take on Apple's iPhone — a key event the company likely doesn't want overshadowed by restrictions on its devices in the United Arab Emirates.

In New York, the BlackBerry maker is expected to unveil a new touchscreen smartphone with a pull-out keyboard and a new operating system to make Internet surfing faster. The phones will run on U.S. carrier AT&T's network.

Wunderlich Securities Inc. analyst Matt Robison said RIM needs to introduce a strong product, or the UAE's recently announced restrictions on email, texting and web browsing will carry more weight.

"We believe the nature of the Middle Eastern news

UAE ban

The UAE plans to ban email, messaging and web browsing on BlackBerrys.

- **Visitors too** The ban will take effect Oct. 11 and will apply to visitors to the UAE as well.
- **Censors UAE** is among countries that censor websites and other forms of media.
- **Encrypted** Data from BlackBerrys is encrypted and routed through RIM's servers overseas, where it cannot be monitored by local authorities.

is distracting enough that (today's) AT&T event must include a compelling introduction of a BlackBerry 6 phone with a multitouch to overcome it," Robison wrote in a research note.

Research In Motion is competing for consumers' loyalty against not only the iPhone but Google-powered Android smartphones, which have touchscreens and pullout keyboards.

RIM released a touchscreen phone almost two years ago to mixed reviews and analysts have often asked when it will introduce an "iPhone killer."

RIM said yesterday that it won't compromise security after the Persian Gulf country said it will ban email, messaging and web browsing on its smartphones.

"RIM respects both the regulatory requirements of government and the security and privacy needs of corporations and consumers," the Canadian tech company said in a statement.

THE ASSOCIATED PRESS

Airline charges for carry-on

Florida-based Spirit Airlines says it is gaining ground in the fight against flight delays with its controversial move to charge for carry-on bags, which started Sunday.

Since airlines started charging for checked luggage, more flyers have brought carry-on bags on board. Spirit's new fee — the first in the industry — is aimed at discouraging passengers from stuffing the overhead bins because it often takes extra time to get bags settled and gate check those that won't fit onboard.

Umbrellas, camera bags, strollers and car seats are among the items that will remain free of charge.

THE ASSOCIATED PRESS

\$30

Spirit Airlines' charge for any carry-on bag that's too big to fit under the seat.

Economy, Wealth



► Even high-end stores like Saks Fifth Avenue are feeling the pinch.

PAUL SAKUMA/THE ASSOCIATED PRESS

Rich are getting poorer

Economists say consumer spending has slowed mainly because the richest five per cent of Americans — those earning more than \$207,000 — have cut back. They account for about 14 per cent of overall U.S. spending.

Market moment

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DATING IN THE DARK: DOS AND DON'TS

She says ...

JESSICA NAPIER



We relationship folk spend a lot of time living vicariously through our single friends.

Sometimes I find myself getting a bit jealous when I hear about those exciting first dates filled with nervous butterflies and romantic optimism. However, more often than not, I end up listening to hilarious tales of bad dates gone awry and thank God those days are behind me for now.

The worst stories are always from the girls who begrudgingly go on blind dates set up by friends, co-workers and, in one case, a well-meaning stranger on a plane.

I have never been on a blind

date. Either everyone is under the impression I have no trouble finding my own dates or no one wants to subject someone they care about to an evening with me. Either way, I'm not an expert on the subject.

That being said, I have heard a lot of horror stories. And in the interest of saving my single friends from more matchmaking disasters I thought I'd share a few dos and don'ts for all of the prospective blind daters out there.

DO avoid venues that involve finger food

Now I like a pound of honey

garlic wings as much as the next girl, but I also know that I tend to resemble a caveman while ravenously gnawing on a saucy drumstick. A romantic date this is not fellas.

DON'T cyberstalk your date

True blind dating doesn't really exist in the age of Internet, but that doesn't mean you need to go overboard with your background check. A simple Google search is acceptable but quoting her latest Twitter updates and talking about how much you enjoyed her Facebook photo album of a

2005 trip to France is a little over-the-top.

DO dress like you care

Have you invited her out to a swanky martini bar and shown up in Birkenstocks and a ratty fleece? Congratulations, you'll be spending your next afternoon hike alone wondering why she never called you back.

DON'T conjure up a cute nickname

If you are one of those people who insist on giving your partner an adorable over-the-top name this is not the time to invent it.

DO have an open mind

Because, ultimately, what's the worst that can happen? Chances are you're going to spend an evening with Mr. or Miss Not Quite Right and end up with a funny story to tell your friends.

Cartoon

MICHAEL DE ADDER



Private versus public

Letters & Tweets

Re: Health care: Stop fearing private sector (July 30)

TORONTO. In a bid to convince us of the advantages of the private sector in health care, David Descoteaux wrote that we should embrace a model where universal coverage is ensured by the state, but where the supply of service, like operating a hospital, is open to the private sector. He made the point that in Denmark you will be sent, fully covered, to a private hospital if waiting time for an operation is longer than one month. But he didn't mention that in Denmark, 44 per cent of the work force pays 70 per

Standard of care



cent of its income in taxes. He also made the point that in France 40 per cent of hospitals are privately owned and for profit, but it's fair to say that even though per capita spending on health care was very similar between France and Canada in the past, the last decade has seen a greater growth in health-care spending in

France than in Canada.

Since the column was inspired by a 15-hour wait in the ER, I assume the real subject was the standard of living. I just wonder, was that column an attempt by a pro free-market fiscal conservative to tell me that a higher standard of living requires higher taxes? Or did I miss the point?

JOHNNY DIB

What's your favourite karaoke song? Why?

Email
calgaryletters@metronews.ca
Twitter
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Metro has the right to edit letters and submissions.

Metro Minute with Shakespeare

Much to do tonight? If not, hit Much Ado About Nothing at 7 p.m. at Prince's Island Park.

Artistic director Martin Fishman promises a "visual delight" for audiences as they take in the stunning set and costumes.

"Much Ado is a battle of the sexes filled with intrigue, mistaken identity and love," said Fishman.

"Our audiences have been loving it. It's so amazing to hear people laugh at 400-year-old jokes."

Of the 14 actors, nine are recent theatre graduates. "The professional members of the company not only act with our young company, but also serve as mentors, providing them with advice," added Fishman.

METRO CALGARY



► Actress Charlie Gould plays Hero in *Much Ado About Nothing* this summer.

metro

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News in brief



These ivories have history.

A British auction house is offering up a piano from London's Abbey Road Studios that's featured on tracks by the Beatles and Pink Floyd. Auctioneer Bonhams said yesterday that the battered Challen upright, scarred by coffee stains and cigarette burns, is expected to fetch and \$243,000.

The piano resided at Abbey Road's Studio Three between 1964 and the 1980s, and was used on tracks including The Beatles' *Tomorrow Never Knows* and *Parappa the Rapper*.

THE ASSOCIATED PRESS

Arcade Fire book a trip to The Suburbs

- Montreal indie band reach back to childhood for inspiration on long-awaited new album
- Maintain control of sound in an era when albums are routinely leaked on the Internet

Over the summer, Arcade Fire treated fans to a series of hastily organized gigs that allowed the band to refine its new set of songs and fuel an ever-elevating level of hype for its long-awaited third disc, *The Suburbs*.

But the semi-surprise gigs had an unintended effect on the band.

"We did those shows and then I already couldn't listen to the record anymore," multi-instrumentalist Will Butler told The Canadian Press over the telephone from Montreal.

"Because it was: 'Oh, this is totally foreign to what is happening live.'"

Fortunately for Butler and co., it's unlikely many fans felt the same way, since the band was able to do what they usually manage to do — maintain control.

The sound of *The Suburbs* had been a well-kept secret in an era during which new albums leak like faucets in nightclub washrooms. The album did, eventually, circulate illegally on the Internet but it took unusually long.

Rumours about the record were dribbled out slowly by Arcade Fire, leaving fans — and the likes of indie outlet Pitchfork — trying to parse supposed hidden messages on the band's website. As the band played its series of intimate shows, fans began to post grainy concert clips online, which were eagerly dissected by others



► Brothers Will (left) and Win Butler of Arcade Fire perform at The Festival d'Ete de Quebec. Their new album is out today.

urban sprawl

► **The Album's** title is, of course, telling — Win Butler really is singing here about the suburbs, about their sprawl, their stultifying effect and, at times, their comforts.

► **Win and Will Butler** were raised in The Woodlands,

who impatiently awaited the album's release.

The band wanted to make a big deal about *The Suburbs* and knew fans would play into the tease, Butler said.

"For us, it felt like a long time between these two records," he said.

"The album doesn't mat-

ter as much to a lot of bands, which I think is fine, I think that's kind of how the world is turning.

The band began work in earnest on *The Suburb* in May 2009. Many of its 16 tracks are imbued with an immediacy that was once foreign for the band. For instance, first single *Ready to*

Start and the art-punk roar of *Month of May* are more straightforward than anything the band has previously recorded.

The band stretches its legs elsewhere, from the rollicking piano gallop of *The Suburbs*, to the woozy shoegaze of *Empty Room*, to the giddy *Blondie* stomp of *Sprawl II* (*Mountains Beyond Mountains*).

In that evolution toward a more compact sound, the band risked sacrificing the all-out catharses achieved again and again on the 2004 debut, *Funeral*. Fans revel in those exhilarating moments during which layers of instrumentation coalesce with Win Butler's sky-reaching vocals and the insistent

"We were just looking for a variety, definitely, of tone and of sound. That's partly why some of it sounds lighter."

WILL BUTLER

chant of the rest of the band, creating something almost too grandiose for a rock club.

"Some of the songs on this record, it's a little more sparse," Butler acknowledged. "But I think that's also just the variety thing that we wanted to get down. We wanted to have some thick songs and some thin songs."

THE CANADIAN PRESS

Emotional homecoming for Drake

Drake wasn't kidding when he said he was going give his hometown fans a show to remember.

Canada's hottest hip-hop export imported rap's biggest stars — Eminem and Jay-Z — for his inaugural OVO Festival in Toronto Sunday night.

If the Grammy nominations and million-selling debut album hadn't made it clear, the unbillied guest appearances, which came near the end of Drake's 90-

minute set — and had been considered far-fetched rumours — cemented the Toronto native as a reigning member of the genre's elite.

It's been a quick ascent for the emcee who made his first Amphitheatre performance on Lil Wayne's tour last August.

And this show, his Canadian tour finale, was an emotional outing for the 23-year-old entertainer, whose primary residence

remains Toronto.

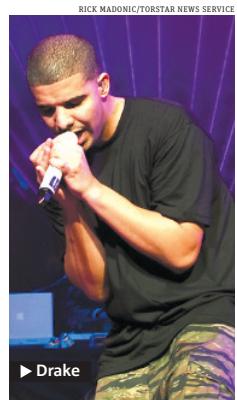
It's a testament to his stature locally that tickets for the concert — nearly 10 times the size of his last solo show at Sound Academy May 2009 — sold out quickly, and the capacity crowd giving him a hero's welcome.

He performed the highlights from his current disc, *Thank Me Later*, along with tunes from the mixtape *So Far Gone*, which brought him to the

"I'm finally in the town that I was birthed in. Just show me a good time." DRAKE

fore. With laser lighting, pyrotechnics and the backing of a killer five-piece band, including DJ, Drake bounced around on his toes like a boxer and varied his delivery from urgent to subdued.

TORSTAR NEWS SERVICE



Uncle Phil is pushing for a Fresh Prince movie

TOP ALBUMS OF THE YEAR SO FAR

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA



With just a few weeks away until music industry revs up for the fall, and we're seven months into the year, now's a good time to look back at some of the great records you may have missed — or can't stop listening to — in 2010.

Here are my top 5 records of the year so far:

Black Keys — Brothers

I get a lot of records, most I listen to a few times and put aside. But not the Black Keys' new album — it's worn out my stereo. From the heavy, opening bass beats of Everlasting Love to the throwback R&B sounds in the soulful The Only One, this isn't just one of the best records of the year, it could be one of the more memorable discs of the decade.

Wintersleep — New Inheritors

I wasn't a fan of Wintersleep's Welcome to the Night Sky. It was too meandering and uneven. But their latest release is a different story. There are still plenty of epic moments, but they found the perfect balance between infectious indie rock and soaring pop. Black Camera is a standout — it's single guitar and low-key drums intro gives way to loud blasts of rapid beats and a fist-pumping chorus.



► The Black Keys

Yeasayer — Odd Blood
This disc came out early in the year, but it's still one of my favourites. The band's sophomore disc is full of stunning electro pop, layered in thick instrumentation and complex harmonies. It's not only thought-provoking record, but it's a fun to sing with — Ambling Alp is easily one of the best songs from any band this year.

Hannah Georgas — This is Good

Hannah Georgas was robbed of a Polaris Music Prize nomination. The Vancouver songstress is one of those rare singers that you just know will be big — it's a shame she's not up for the prize. This debut is a gritty indie rock disc that recalls old Liz Phair and Emily Haines. Her sweet melodies are shrouded in an aggressive edge — listen to the fantastic Lovesick and you'll see what I mean.

Wavves — King of the Beach

I just reviewed this disc last week, but it's already found a permanent place on my iPhone. If you haven't noticed, I'm a big fan of big pop hooks and this disc has plenty of them. Its frenetic grunge rock, aggressive blasts of fuzzy guitars, layers of noise and Cobain-like melodies should have been the next step from Nirvana. Too bad we got Creed instead of these guys.

DVD Releases this week Buy it | Rent it | Borrow it | Yawn | Don't bother

Assault on the senses

Kick-Ass

Genre: Action **Director:** Matthew Vaughn

Stars: Aaron Johnson, Christopher Mintz-Plasse

★★★★
Kick-Ass is an assault on the senses, with bullets firing, blades slashing and bodies thudding, bleeding and burn-

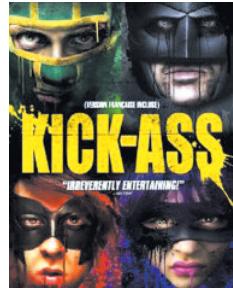
ing at every turn. The violence is most graphically seen and felt in the turbulence of Chloë Grace Moretz, just 11 when she made this, who plays a sociopathic pre-teen vigilante aptly named Hit Girl.

The film by Matthew Vaughn succeeds as violent fantasy about our perilous and fretful times, where regular citizens feel compelled to take action against a social

order rotting from within. Aaron Johnson, soon to be seen as John Lennon in Nowhere Boy, illuminates and entertains as the naive citizen vigilante of the title.

Kick-Ass has more to say than other movies of its ilk, although it's a very cynical message — the implications of Hit Girl alone could keep a platoon of psychiatrists and sociologists talking for days.

● PETER HOWELL



need a quick bite?

9



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Next stop on the Lohan bus: Rehab



Actress heads straight to the UCLA Medical Center for a 90-day program after her release from jail

Lindsay Lohan has been released from jail, but she's not exactly a free woman.

The actress was discharged early yesterday after serving 14 days for violating her probation in a 2007 drug case, Los Angeles sheriff's spokesman Steve Whitmore said. She is now required to immediately begin a three-month stint in rehab, he added.

A prosecutor has said that Lohan cannot be released early and will have to spend the entire time in treatment.

Due to overcrowding in California jails, inmates such as Lohan who are serving time for nonviolent offences and have no crimi-

nal records typically have their stays reduced for good behaviour.

Lohan, 24, was released to a waiting vehicle and did not walk out the front doorway, avoiding a throng of photographers.

Lohan's attorney, Shawn Chapman Holley, did not immediately return an email seeking comment.

THE ASSOCIATED PRESS



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Alicia Keys weds producer beau in surprise ceremony



NO ONE ... WENT Alicia Keys and Swizz Beatz tied the knot in a private ceremony on the French island of Corsica, according to People magazine. The

wedding was officiated by Deepak Chopra. Keys and her new husband, who have been together since 2008, are expecting their first child later this year.

"Whatever we're blessed with, that baby is being born to blessed parents," the groom recently told the magazine.

● METRO WORLD NEWS

Dawson tries the whole marriage thing again

BUT THIS TIME HE REALLY MEANS IT! Just a week after finalizing his divorce from Heather McComb,

James Van Der Beek wed his pregnant girlfriend, Kimberly Brook, in a private ceremony over the

weekend. "Best day of my life so far. The woman I love did me the honor of (becoming) my wife

today," Van Der Beek posted later to his Twitter account.

● METRO WORLD NEWS

Talking points

Actress feeds her Love habit

WHAT DO YOU GET WHEN YOU CROSS A NEEDY TV STAR WITH AN OPPORTUNISTIC ACTOR?

Jennifer Love Hewitt has apparently moved on after her split earlier this year from her Ghost Whisperer co-star Jamie Kennedy, as sources say she's happily dating 27-year-old actor/director Alex Beh, according to Us Weekly. "She's so into him," a source says. "It's relatively new. But they're really cute together. They were holding hands the whole night" on a recent evening out.

Rodman in car wreck

SLAM, DUNK. Basketball veteran Dennis Rodman was involved in a terrifying car wreck over the weekend when a tire blew out on the SUV he was traveling in, causing the vehicle to flip over three times, according to TMZ. Rodman, who wasn't driving, managed to walk away from the accident sustaining only a scratch on his finger. The driver was taken to a local hospital to be treated for head wounds.



The SUV crashed into
what's left of his career

Celebrity tweets



Matthew Perry
[@langford-perry] Just landed in las Vegas....which I'm told is spanish for the Vegas.



Ben Stiller
[@Red-HourBen] I am now following @kanyewest. Looking forward to how my life will change.



Milla Jovovich
[@Milla-Jovovich] Ppl hve been asking what religion I am. Well, I'm russian orth. by birth, but I'll go 2 any church where I feel love and spirit! God bless!



Sarah Silverman
[@SarahK-Silverman] I'm unable to explain what I mean by this but Leonardo DiCaprio has a tuna face.

● METRO WORLD NEWS

Sheen has a date with justice

AND FRANKLY IT'S THE ONLY KIND OF DATE HE SHOULD BE HAVING. Actor Charlie Sheen was due in court yesterday where he was expected to plead guilty to a charge stemming from a Christmas Day dispute with his wife. Sheen has agreed to plead guilty to misdemeanour assault.

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What water does well

The human body is made up of between 55 and 75 per cent water and constantly needs to be replenished if the body is to function at its best, says celebrity fitness trainer James Duigan. On average, people should aim to drink two litres daily in order to replace natural fluid loss, such as through sweating and breathing.

- Water helps to flush out the by products of fat breakdown. This process is essential for people trying to lose weight as water dilutes the waste products, allowing them to be removed from the body more rapidly.
- Dehydration (a consequence of not drinking enough water) means that your body does not have sufficient water to carry on with bodily functions as normal, leading to some unpleasant feelings. Symptoms include fatigue, headaches, dizziness, thirst and muscle spasms.
- Water can act as an effective appetite suppressant. A common mistake is confusing hunger pangs for thirst. Drinking a glass of water when the feeling first manifests itself will help you realize which one it is you are feeling.
- Be careful when choosing liquids. Tea and coffee are both powerful diuretics, excessive consumption will cause you to lose a lot of water.
- Water is calorie-free, so you can drink as much as you like.

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► Pool-ates in a warm pool is a great and gentle workout.

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● Pilates in the pool makes for a three-dimensional aquatic exercise with lower impact on joints and muscles ● Hop in and work it in the water



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“There may be less impact than on land, but in Pool-ates you have to resist the buoyancy, which is challenging.”

BOO PFEIFFER

By taking it to the water, Boo Pfeiffer added bounce and buoyancy to Joseph Pilates' traditional moves. More accessible, yet just as challenging, Pool-ates is a three-dimensional aquatic exercise that promises to lean, strengthen and flex your body — just as long as you go with the flow.

“Pool-ates stays true to the work of Joseph Pilates,” explains Pfeiffer. “The difference is that the lower impact on joints and muscles makes it more accessible.”

Being in the water allows

in the water. The class is performed standing up, on the pool steps or the side railing. Only once you have reached advanced levels can you engage in horizontal moves.

“Being in the water, you have little or no control of what is going on, all your energy and strength goes into not falling. There may be less impact than on land, but in Pool-ates you have to resist the buoyancy, which is challenging,” Pfeiffer says.

However, fighting buoyancy is a more gentle feeling than fighting gravity, making the exercise more relaxing as a whole.

“You get more of a mind-body high,” explains Pfeiffer.

fer. “You are able to relax more and therefore focus and concentrate on the moves more easily.”

Every single exercise during Pool-ates engages your core, stomach, back and waist muscles. If you don't hold it all together in an integrated fashion and keep the moves precise, then you will be thrown off balance and ‘blown’ away by the water. In a Pool-ates class the water temperature should be between 86 and 92 degrees Fahrenheit (30/33 degrees Celsius).

According to Pfeiffer, people have a higher range of motion in warmer water, as well as greater flexibility and stretch. Cold water will only shrink muscle.

3
life



Too much water can kill you

Water intoxication is rare but can happen when people drink water to the point at which the body is no longer able to control the excess fluid. Too much water can cause your brain to swell and as the organ is basically “boxed in” with nowhere to expand outwards. Eventually, the brain will be squeezed to the point where vital regulating functions will be affected.

● ROMINA MCGUINNESS



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Smoothies are a quick, easy and nutritious way to start your morning.

They are especially great for kids and picky, non-breakfast eaters.

When you are on the go each day, foods and nutrients you often lack in your diet are fruits, calcium, fibre, complex carbohydrates, vitamins and minerals. The answer in a glass is a smoothie, which can include all of these.

Most importantly, they contain antioxidants, which boost your immune system and may reduce the risk of heart disease and certain cancers.

Peach smoothie

Ingredients:

- 1 cup low-fat milk
- 1/2 cup low-fat plain yogurt
- 1 small ripe banana, sliced
- 3 cups sliced fresh or frozen peaches
- 2 Tbsp honey
- 1 tsp vanilla extract

Here are a couple of delicious and healthy smoothies. Experiment and make up your own. Keeping a variety of frozen fruits on hand is a great way to make these anytime of the year.

Peach smoothie

You can find frozen peaches all year round in the supermarket. You can always substitute another fruit of your choice such as plums, nectarines or mangos.

Preparation:

1 Combine the milk, yogurt, banana, peaches, honey and vanilla in a

Creamy cappuccino & banana smoothie

Ingredients:

- 1 cup cold chocolate milk (1%)(or soy milk)
- 1 cup low-fat coffee-flavored yogurt
- 1 medium-size ripe banana, sliced
- 2 Tbsp honey
- 1 Tbsp cocoa powder

blender and purée. Serve immediately.

Creamy cappuccino & banana smoothie

I'm a chocoholic and I have discovered that one per cent chocolate milk (made with cocoa) is the best treat I can have either for breakfast or a snack. Adding chocolate milk to this smoothie satisfies your chocolate cravings and makes it taste like a chocolate milkshake, but without the calories and fat.

Preparation:

1 Combine the milk, yogurt, banana, honey and cocoa powder in a blender, and purée. Serve immediately.

CONTRIBUTED BY

Rose Reisman is an author and nutritionist. For more info visit [rosereisman.com](http://www.rosereisman.com).

Liquid Assets

A wine icon

Even though the term "icon" seems to get handed out as freely as candy corn on Halloween night, there really is no better word to describe South African wine producer Graham Beck.

A true champion of Cape Wines, and the region of Robertson in particular, his passing last week at the age of 80 saddened lovers of inspired winemaking the world over.

While I never got to meet him in person, I did have the pleasure of spending some time at his winery with cellar-master Pieter Ferreira where we tasted our way through a broad range of Graham Beck wines.

Though selection varies from province to province you shouldn't have any trouble finding an example or two of Beck's liquid personality at your local liquor store. A great introduction to his wines is the soft, soothing 2008 Railroad Red (\$12.80 - \$15.25) that mixes cherry, raspberry and red licorice flavours with subtle black pepper spice thanks to its blend of shiraz and cabernet sauvignon.

The 2008 Gameskeeper's Reserve Cabernet Sauvignon (\$18.95 - \$19.99) offers a thicker dark berry fruit experience with a side of tobacco and chewy cassis.



PETER ROCKWELL
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NAVIGATING THE LOW-POINTS

Forget the gossip and don't sulk, the best way to fix any fight is to watch a sappy, romantic movie

Q: Why do couples gossip so much about each other? They're worse than singletons!

Kate says...

Gee, your friends must be way more interesting than our friends. Maybe it's time to have a baby!

Q: How do we navigate the down periods in our relationship without over-reacting and saying 'Maybe we should just separate?'

Kate says...

Oh, for crying in the sink.

How old are you people? Grow up first and then get married.

A marriage is not a play date and it is no place for idle threats and sulking.

Bret says...

Here's a way to look at it. Suppose this down period is the worst down period ever and things will never, ever look up. If that's really how things are, then you should separate, because who wants to live like that?

But if it should turn out that things might look up sometime soon, and if when things look up you generally feel like this relationship is fun and good and you barely even mind when your



► Get over the gossip and just have a baby already.

partner farts in the car, then you should wait for sometime soon.

How about you spend five hours reading a book you like or playing Geometry Wars or shopping like you just got your tax refund — and when that's all over ask yourself if you feel like maybe separating might be tougher than plain old sitting down with your partner and having a good fight and then moving on

quickly to make-up sex.

Q: Why do women like watching sappy, romantic movies more than men?

Kate says...

We don't actually like sappy, romantic movies so much. It's just that renting one is a guaranteed way to get some alone time without picking a fight.

Bret says...

Speak for yourself, dear. Personally, I thought The Wedding Planner was just about the loveliest story ever told — because Jennifer Lopez was so busy with her career that she didn't have time for a relationship, but then Matthew McConaughey taught her about true love. Sometimes I get a little weepy thinking about it, but that's okay because men have feelings too.

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INVEST WISELY IN A MONEY MENTOR

Ninety per cent of young Canadians receive money advice from their parents. Second to that, they ask their friends. Along the way we glean nuggets of financial information from people we trust. These are our money mentors and, it pays to have good ones.

Currently, my savvy aunt, a Toronto-based multi-millionaire, mentors me toward developing habits and behaviours of self-made millionaires. Like many multi-millionaires, she doesn't necessarily look the part, driving fancy cars and living in a mansion. Rather,

she saves money by making frugal choices like driving a 2002 Toyota Highlander and traveling in economy class. According to her, not living how rich people should live has made her rich. Her top piece of money advice: keep the money you worked so hard to earn.

Need a money mentor? Look for the following characteristics. First, they're rich! Second, they keep and maintain a meticulous budget. Third, good money mentors are savvy spenders. Fourth, they'll take time to teach you their secrets, how to make more money in your career, save more, and invest wisely.

They'll also make you stick to your goals.

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Rites of summer. Sun, sand, festivals and student loans. If students are not filling out the often tortured forms they are probably looking forward to repaying that ball and chain debt.

While graduates are saddled with increasing debt, their ability to pay it off is decreasing. Jobs for graduates are harder than ever to find and employment income is lower, relatively speaking, than 20 years ago.

The loan system is par-



ticularly harsh for rural and small town students whose costs to attend college or university are much higher than city kids with a range of post-secondary options.

Here's my modest proposal for fixing the student loan crisis.

• Students with no post-

secondary institution within a reasonable commute receive a grant to level the playing field with those who are able to live at home and attend school. If they don't graduate the grant must be paid back.

• Outstanding student loans are reduced by 10 per cent upon graduation.

Interest rates/ Savings accounts

BANK	RATE
BMO	1.10%
CIBC	0.70%
HSBC	0.15%
ING	1.30%
PCF	1.0%
RBC	1.0%
SCOTIA	1.15%
TD	1.10%
ALLY	2.0%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

- Loan (both provincial and federal) interest rates to be capped at 2 per cent above prime.

- In bankruptcy, student loans to be treated like any other debt. Currently loans cannot be discharged for 10 years after the last class or semester the student takes.

Yes, this would reduce interest rate revenue for banks and the government and cost a bit in terms of grants.

However, financially healthier students will pay more tax and buy more stuff. And fewer delinquencies and defaults will reduce the burden on government and lenders.

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Turco in, Niemi out on Blackhawks

► Retooling of Stanley Cup champs continues as popular goalie leaves

For Marty Turco, the bottom line is to play for a contender.

By agreeing to a one-year deal with the Chicago Blackhawks yesterday, the veteran goaltender made that clear.

Turco, who will replace Stanley Cup hero Antti Niemi as the Blackhawks' top goalie, could have earned more money and gotten a longer contract elsewhere, according to his agent, Kurt Overhardt. The deal is believed to be worth \$1.3 million US.

"We spoke to four different teams and turned down different opportunities and amounts," Overhardt said. "He turned down teams with higher considerations and longer terms."

"Marty's priority was joining a team that could win a Stanley Cup, and he chose Chicago."

8 Niemi is the eighth player to leave the Blackhawks since the team won its first Stanley Cup in 49 years.

Blackhawks general manager Stan Bowman said the team expects "immediate" contributions from the 34-year-old Turco, who has played his entire NHL career with Dallas.

The 26-year-old Niemi helped the Blackhawks win the Stanley Cup last season after earning \$826,875 as a rookie. He was awarded a \$2.75 million salary for 2010-11 by an arbitrator last week, putting the Blackhawks in a tough spot.

Bowman declined to say whether the team could have squeezed Niemi's award under the salary cap, set at \$59.4 million next season.

THE ASSOCIATED PRESS



Armstrong lawyers allege deal

Lance Armstrong's lawyers say the U.S. Anti-Doping Agency is offering cyclists a "sweetheart deal" if they testify or provide evidence that the seven-time Tour de France winner cheated by doping.

If those riders have been caught doping, the deal from USADA could result in a reduced ban from competition and other incentives, lawyer Tim Herman said.

Federal investigators in Los Angeles are looking at cheating in professional cy-

cling and have shown interest in Armstrong since former teammate and 2006 Tour de France winner Floyd Landis alleged this spring that Armstrong and others took performance-enhancing drugs, which Armstrong strongly denies.

In 2007, Landis said USA-DA offered him a similar deal to finger Armstrong. At the time, Landis called the offer "offensive" and did not provide evidence against Armstrong.

THE ASSOCIATED PRESS



Sports in brief

Manning to be the richest: Irsay

NFL. Jim Irsay won't let Peyton Manning walk away from the Colts next season — no matter the cost.

Indy's owner reiterated yesterday that he intends to make Manning the NFL's highest-paid player even if it takes the prohibitive franchise tag to keep the

only four-time MVP in league history in blue and white.

Brewers give Hart extension

MLB. Corey Hart now has a long-term future with the Milwaukee Brewers.

The Brewers agreed yesterday to a \$26.5-million US, three-year contract extension through 2013, rewarding the outfielder for a season that included a trip to the all-star game.

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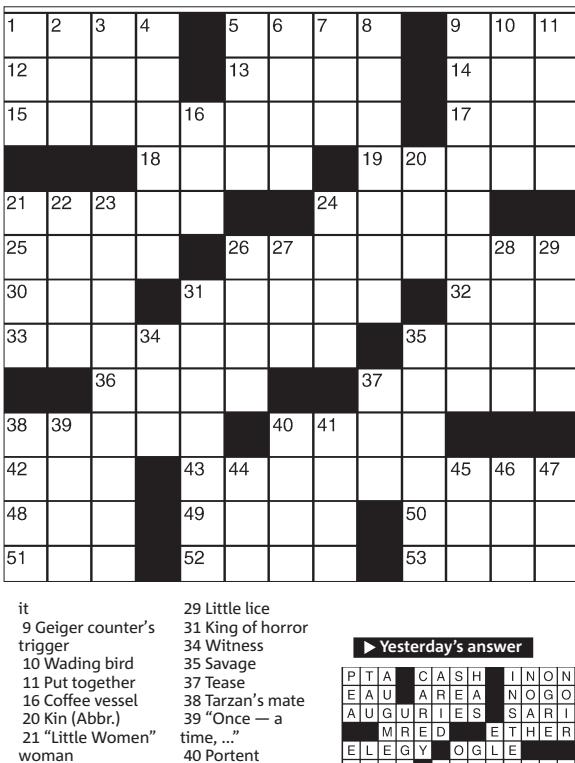
Crossword

Across

1 Beer ingredient
5 Stage award
9 Edge
12 Entreaty
13 Mentor
14 Lawyers' org.
15 Typical fast-food entree
17 Performed
18 Tramcar loads
19 Get up
21 - Rouge, LA
24 On the briny
25 Flubs
26 \$10 portrait
30 Afternoon so-
cial
31 Old photo col-
oration
32 Roman trio
33 Rodents often
kept as pets
35 Typeface
36 Rind
37 Quirks
38 Minty beverage
40 Tom Joad, e.g.
42 Gorilla
43 Wood nymph
48 Neither partner
49 Paradise
50 Mrs. Dithers, in
"Blondie"
51 Type units
52 Zilch
53 TV trophy

Down

1 Speedometer
abbr.
2 - carte
3 Moon vehicle,
for short
4 Forbidden acts
5 Shrek, e.g.
6 Insects
7 Rage
8 The Urals divide



► Yesterday's answer

Today's horoscope



For today's crossword answers
and for expanded horoscopes,
go to metronews.ca

Aries March 21-April 19 You will do something special, maybe even spectacular today. With Jupiter in your birth sign linked strongly to Pluto you will go out of your way to be different.

Taurus April 20-May 21 There are so many good causes out there that could benefit from your physical and mental input, so why are you not more involved? However, steer clear of issues that are in any way political.

Gemini May 22-June 21 You always act fast in a crisis but your speed of response will surprise everyone today. If someone you live or work with is in trouble you will go out of your way to help them.

Cancer June 22-July 22 Many things are changing and you must change with them. The only way you will maintain your current position, especially on the work front, is by finding new ways to be more productive.

Leo July 23-Aug. 23 You may have good reasons for wanting to keep the truth from someone but the planets won't let you. Today's Jupiter-Pluto link means they will find out one way or the other.

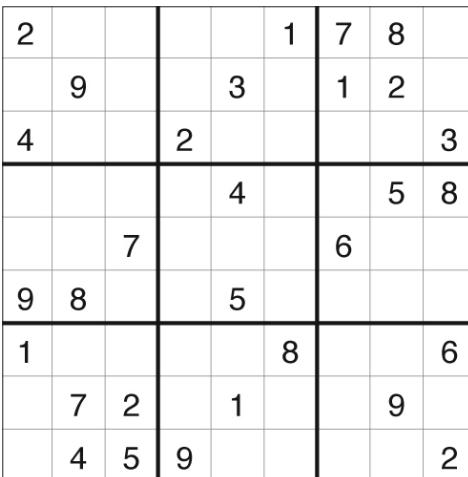
Virgo Aug. 24-Sept. 22 You may find it hard to stay in control of your emotions today. Sometimes it is good just to let it all out, especially if you have been storing up negative feelings. Have a good shout!

Libra Sept. 23-Oct. 23 Something rather shocking is likely to happen today and with hindsight you will realize that you should have seen it coming. But don't blame yourself too much.

Scorpio Oct. 24-Nov. 22 Decide what needs to be done, then do it. That is the message of the stars for you today and being the kind of person who believes in action rather than talk it's a message you will respond to. It's deeds that count.

Sagittarius Nov. 23-Dec. 21 The Sun in Aries makes most things possible, but even go-getting Sags have their limits and today's Jupiter-Pluto aspect suggests things will be hard, but it's no big deal.

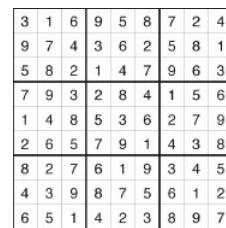
Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

► Yesterday's answer



A look at the weather

TODAY

Min 10°

Max 20°

WEDNESDAY

Min 9°

Max 23°

THURSDAY

Min 9°

Max 25°

Andrew Schultz,
Meteorologist



"I get to spread the word
on how your day, evening
or weekend will shape up with
our ever-changing weather here
in Alberta". WEEKDAYS 6AM

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Sept. 19 • 1 wk.

\$619

+Taxes & other fees
(including service charges): \$290

Puerto Vallarta/ Riviera Nayarit

Crown Paradise Club:
A Family Resort • 4★

All-Inclusive • Standard rm.
Aug. 28 • 1 wk.

\$599

+Taxes & other fees
(including service charges): \$280

Dreams Villamagna Nuevo Vallarta • 4 1/2★

Unlimited-Luxury®
Junior suite tropical view
with Jacuzzi
Sept. 4-25 • 1 wk.

\$799

+Taxes & other fees
(including service charges): \$280

USA

LAS VEGAS

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+Taxes & other fees
(including service charges): \$147



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